

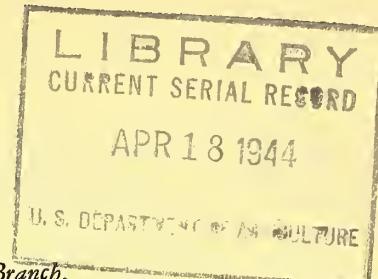
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# Nutrition news letter



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## NATIONAL CONFERENCE ON HOME FOOD PRESERVATION

"Since the home production and preservation of food must continue to make the largest contribution possible in helping the Nation to meet its food requirements in wartime, a Home Food Preservation Conference was held January 13, 14, 15, 1944, in Chicago. This conference was planned to help our educational agencies and leaders and representatives of the trade and industry most concerned come to common understanding of the needs, objective, problems, and plans that may be involved, and to work together in helping our many million families to be most successful in the conservation and preservation of vegetables, fruits, meat, and other foods.

"The work of the conference was divided into two principal parts: First, the presentation of material, by leaders in the field, on some of the problems of most concern in the noncommercial preservation of food. Second, full discussion of these problems by the committees and the development of appropriate recommendations for consideration by the conference. These will be included in a report to guide the many thousand leaders and agencies at work in the national program of food preservation." Meanwhile, some of the recommendations which are most pertinent for nutrition committees to use in planning food preservation programs are:

### Committee I—Safeguards Essential in Home Food Preservation

"Uniformity of home canning procedures—Uniformity of home canning procedures, including processing time and temperature, is recognized as highly desirable. It is recommended that Federal, State, and other agencies work together to bring about such uniformity as rapidly as possible.

"Pressure-gauge testing program—It is recommended that each State organize a well-considered program for testing the accuracy of gauges on pressure cookers now in use, and that this be done in advance of the canning season of 1944.

"Spoilage clinics—It is suggested that each State organize one or more spoilage clinics to acquaint teachers, home demonstration agents, and other professional workers with the nature, appearance, causes, and methods of prevention of various types of spoilage of home canned foods."

### Committee II—Home Canning Supplies and Equipment

"Standard Jars and Closures. Some difficulty was experienced (1943) in the availability of jars and closures at the time and in the sizes needed. The committee recognizes that an enormous job was done under pressure of time. It is hoped that with the head-start which we have this year many of these difficulties will be eliminated. It is believed that educators in local communities, particularly in the smaller towns, might help by calling to the attention of merchants the need for canning supplies and the advantage of early ordering.

"Canners: One of the major problems of the home canner is the inaccuracy of pressure cookers due to the fact that gauges and safety valves can get out of adjustment. The committee recommends that gauges and valves should be checked annually, either through local pressure canner clinics or by sending gauges back to the manufacturers.

"The committee urges owners of pressure cookers to order parts and repairs well in advance of the canning season. Companies will be in a better position to give prompt service now. All parts are now available, even for old models. By so doing, the homemaker protects herself against the danger of being unprepared for her early vegetable crops."

Committee III--Community Canning Centers

"During the past few years organized community food preservation centers have increased rapidly in number throughout the country." \* \* \* "In order to make their maximum contribution to the war food program, the Committee feels that all agencies engaged in educational programs on the food front should assist in the organization and development of community food preservation programs wherever there is clearly a local need for and interest in such a program. Generally, there is need for a definite plan of interagency coordination in this field, for a comprehensive training program, for consistency of educational materials on the establishment and operation, and for systematic planning and channeling of program information to and from interested communities."

Committee IV--Supplementary Methods of Food Preservation

Recommendations were made for methods of cellar storage, salting, dehydrating and freezing.

Committee V--Nutrition and Health Aspects of Home Food Preservation

"Problems in nutrition related to food preservation center around loss in nutritive value of processed food. The extent of the problem presented by these losses in food value is dependent upon factors such as our ability to compensate for this loss by supplementing the diet with other foods, and the actual need of the body for certain nutrients.

"We need perhaps to evaluate losses in food value more in terms of the original food value or contribution to the diet. Also the merits of different methods of food preservation should be evaluated in terms of the total food value rather than one particular nutrient."

Committee VI--A Coordinated Program in Home Food Preservation

"That in order to promote common understanding and plans of action a meeting of representatives of all agencies and organizations concerned with food preservation be held in each State at an early date to consider standards, methods, and procedures involved in the food preservation program. Similar meetings should be held at the county level.

"That at these meetings arrangements be made for continuing coordinated effort for the 1944 season, giving consideration to desirable coordination of nutrition committees and Victory Garden committees on the supplementing of other committees on food preservation as needed.

"That in order to strengthen the program now under way, agencies concerned with food preservation on both State and county and local levels work together to examine the program carried on in 1943 and make plans for its improvement."

STATE NEWS LETTERS KEEP COUNTY COMMITTEES INFORMED

Many excellent examples of news letters prepared by State nutrition committees for the benefit of county committees have been received in the Washington office. Nutrition news items from all parts of a State help keep an interest in the program alive. Missouri now has such a letter, with all publishing and distribution expenses paid by the Home Economics Association. One outstanding feature is their "Nutrition Lesson of the Month," which outlines plans for nutrition education meetings. Detailed accounts of outstanding nutrition projects, such as the Victory Lunch project sponsored in the schools of one city, suggest similar activities to other county committees. We would appreciate seeing copies of news letters from States that have not already sent them to this office.

#### "ARMY IN APRONS" PROTECTS HOME FRONT HEALTH

The Nutrition News Letter for December 1942 mentioned the "Victory Aprons" which were designed for nutrition class graduates in Allen County, Indiana. The Hoosier Civilian Soldier, official publication of the Indiana State Defense Council, recently printed an interesting follow-up about the activities of the enterprising Civilian Defense Nutrition Committee of Allen County. The committee was organized in January 1942 and became known as the "Army in Aprons." Response was good; in the first 8 months of the program more than 700 recruits completed the 14-hour course in nutrition.

Neighborhood nutrition classes in Allen County are considered the backbone of their nutrition program, but committee members have devised various other means of keeping nutrition in the public eye. A library committee keeps a nutrition shelf at the central library and its branches, with new materials added constantly. The information chairman has used radio and newspapers to further publicize good nutrition. The speakers' bureau receives many requests from Parent-Teacher Associations, clubs, church groups, and schools. The Victory Garden Committee specialized in garden planting and care and during the summer months supplanted the nutrition classes with canning classes. Fort Wayne restaurant proprietors were organized by the restaurant committee and received Basic 7 menu cards and posters to remind their patrons to eat for health. The exhibits committee uses window displays, demonstrations, posters, movies, and dramatic skits to advertise nutrition in stores, clubs, utilities, food companies, and motion picture theaters.

During the past summer two booklets, one on meal planning and one on canning, were compiled and published by the Army in Aprons. A "Mary Wayne" newspaper feature on nutrition is published once a week in each of the Fort Wayne newspapers, and has an enthusiastic following. Much of the success of this nutrition committee may be due to the fact that the problem of improving nutrition has been approached from several angles.

A Selected List of Nutrition Articles Appearing in Monthly Publications, Prepared by the Subcommittee on Educational Materials—Connecticut State Nutrition Committee. (Reprints not available from this office.)

#### BETTER HOMES AND GARDENS

"59 Ways to Serve Home Canned Foods" by Myrna Johnston. December 1943, page 36.

"Six New Ways With Pork" by Ida Ruth Younkin. December 1943, page 38.

#### GOOD HOUSEKEEPING

"Maybe You're Wasting Food Without Knowing It" by Katherine Fisher. December 1943, page 92.

"If Butter is Scarce" by Dorothy Marsh. January 1944, page 81.

#### HYGEIA

"Iron Spells Good Red Blood" by Helen E. Ridley. December 1943, page 884.

#### LADIES HOME JOURNAL

"Borrowed from Chinese Cooks" by Louella G. Shouer. December 1943, page 116.

"How to Sprout Soybeans." December 1943, page 116.

#### LIFE

"Postwar World Needs Twice as Much Food to Lift the Universal Blight of Malnutrition" by Joseph J. Thorndike, Jr. October 4, 1943, page 96.

"World's Standard of Eating" (pre-war), map prepared from studies from Food Research Institute of Stanford University. October 4, 1943.

"Rationing and Price Control" by Chester Bowles. December 13, 1943, Page 57.

#### McCALLS

"When Children Starve—Men Die" by E. V. McCollum, Ph.D., Sc.D. December 1943, page 38.

#### WOMAN'S HOME COMPANION

"You Can Make Or Break the Black Market" by Chester Bowles. December 1943, page 4.

NEW MATERIALS (Samples not Enclosed)

"CHILD GUIDANCE LEAFLETS, SERIES ON EATING"—13 leaflets prepared by the New York City Committee on Mental Hygiene and the New York Department of Health, to aid child clinic doctors and nurses in their consultations with parents. They may be purchased singly or in quantity from New York City Committee on Mental Hygiene, 105 East 22d St., New York, N. Y. A full set, single order, 40 cents.

"CABBAGE, CURLY KALE, RUTABAGAS—BASIC FOODS FOR MAINE"—A pamphlet prepared by the Maine State Nutrition Committee on plentiful foods which may be relied upon as sources of Vitamin C when citrus fruits and tomatoes are scarce. Single copies free from Agricultural Extension Service, University of Maine, Orono, Maine, as long as limited supply lasts.

The International Labor Office has recently published three pamphlets on the world food situation. They may be ordered from the International Labor Office, 734 Jackson Place, Washington 6, D. C.

"THE ROLE OF FOOD IN POST-WAR RECONSTRUCTION"—A reprint of an article by Sir John Boyd Orr from the March 1943 International Labor Review. He explains the urgency of beginning to plan now, and describes the kind of machinery, national and international, that might be used for applying a world food policy. Price, 10 cents.

"THE UNITED NATIONS CONFERENCE ON FOOD AND AGRICULTURE"—A reprint of an article published in International Labor Review, August 1943. It gives a general account of the conference and cites the resolutions adopted as a first step toward raising the international standard of living. Price, 10 cents.

"THE HEALTH OF CHILDREN IN OCCUPIED EUROPE" is a survey of the conditions existing for the children of Europe today, insofar as such information was obtainable. The data illustrate some of the problems which should be taken into consideration when remedial measures are planned. Price, 25 cents.

Sincerely yours,



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Nutrition Programs Branch